

Weekly Fitness Journal

This week's Goals:

Monday



Cardio Strength Other

Activity: _____

Minutes: _____ Calories: _____

Friday



Cardio Strength Other

Activity: _____

Minutes: _____ Calories: _____

Tuesday



Cardio Strength Other

Activity: _____

Minutes: _____ Calories: _____

Saturday



Cardio Strength Other

Activity: _____

Minutes: _____ Calories: _____

Wednesday



Cardio Strength Other

Activity: _____

Minutes: _____ Calories: _____

Sunday

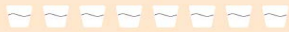


Cardio Strength Other

Activity: _____

Minutes: _____ Calories: _____

Thursday



Cardio Strength Other

Activity: _____

Minutes: _____ Calories: _____

This Week's Check-In

Weight : _____

Pounds Lost : _____